



MANNVILLE-MINBURN-INNISFREE
FAMILY AND COMMUNITY SUPPORT
SERVICES PRESENTS

LET'S TALK: COMMUNITY NUTRITION

LUNCH AND LEARN AGENDA:

- 11:00am- Introduction: **Power Bowls** —→ What are they and why do we love them?
—→ What goes in them? Ideas & Variations
- 11:30am- Create and Eat your custom Power Bowl Lunch
- 12:15pm- Alberta Health Services **Presentation**
featuring Tanya L'Heureux RD, MAdEd, PhD-c:
Staying Strong & Healthy As We Age
- 1:15pm Q&A Period

MONDAY OCTOBER 30TH 11AM-1:30PM
MANNVILLE DROP-IN CENTRE
PRE-REGISTER BY 4PM ON OCTOBER 27TH
M-M-I F.C.S.S OFFICE (780) 763-3005

No food
prep or
cooking
required!



Invite a
friend- the
more, the
merrier!